

at his own game, but he was destined to see his pupils exceed his own ability.

The present game of lacrosse is the outcome of a process of evolution which was so violent that only the main points are seen to resemble the game as played by the Indian. The rules were at first multitudinous & complex, but have been simplified, until now they can be learned in large part by the simple watching of a good game. The name La Crosse was first given by the French Canadians because the stick, the characteristic paraphernalia of the player, resembled a crosk, a shepherd's crosk.

The game possibly imitating foot-ball is so much a team game, not does so much depend on the excellence of team play & so little on individuality, as in lacrosse.

The injuries received are practically never fatal & seldom ever serious. Although it would seem at first glance as though it were a rough game, it must be taken into consideration that the sticks being light & springy, are not the formidable weapons as first imagined; & cuts are seldom more than scratches & bruises are of little account. As an exercise, there is no game in which so many muscles come into play, legs, arms, back, all are developed, so that as a general body-builder, it has no superior.

The game is more easily & quickly.

understood by the spectators & few have the openness & rapidity of change of lacrosse. In a good game interest never flags. Not is it less fascination to player than to spectator, for no one is ever out of the play. No one can appreciate the skill required & possible to attain to until he tries to catch & throw a ball ^{with the} ~~quicker~~ sticks. The rubber becomes as elusive as a will-o'-the-wisp & seems possessed of a malignant intelligence; & the first requisite to being a good player is to become a master of this, the technique of the game. It is the scales & exercises of the sport. It must be second nature to catch & throw.

The ball must be thoroughly at your command & the game loses its charm & becomes a poor kind of shunning.

The season for lacrosse varies with the locality & the weather. In Canada it extends from April to September, while in the States it begins in March & ends at beginning of college vacation.

The game of lacrosse although originating with the Indians & afterwards adopted by the Canadians with such enthusiasm, is now played extensively in England & Ireland as well as in Australia. This is due to Dr. Beers in 1876 taking foreign trips & giving exhibition games. Canada has nearly always beaten the States at lacrosse.

It is interesting to observe some of the differences in the rules of play in

the different countries. In England, for example, the ball used is hollow so that the method of throwing differs quite materially from the Canadian game. In England also the goal-keeper is accustomed to interpose his body in the way of the ball. The English do not use the body check, claiming it is not necessary if you come very closely. The English love of cross-country running is shown in their method of playing lacrosse for they follow the ball from end to end of the field. Their endurance is marvellous though this style of play would be much against them a team of stick handlers.

In the modern game, the long throw is obsolete, being a sign of primitive lacrosse. It is readily seen that the team work is a short passing game & must be very precise, & all is in vain. The number of tricks possible in lacrosse is limited only to the ability of the player. Many are legitimate, but by far the greater number are "dirty plays" such as cross checking & tripping.

The future of lacrosse remains to be seen. Whether it will continue to gain in popularity until it is the "game of spring" is a question none can answer. It surely deserves the first place, for ~~of~~ the Indians, even the first Canadians, lacrosse surely was the first Canadian game.

Handcraft.

Miss Wardley.



Mark off picture in $\frac{1}{8}$ " squares.
If very small in $\frac{1}{16}$ " squares. To enlarge
picture, rule off sheet of paper in
 $\frac{1}{4}$ " or $\frac{1}{8}$ " squares respectively. Copy
original picture by marking off the
drawing as contained in each square.



Handcraft Suggestions

● Use as many of your own ideas for handcraft as you can.

Make the expense of each project as small as possible.

Colored pages of magazines, wall paper, books, odds & ends of paint in cans, glass jars, old sweaters, cigar boxes, crates etc. can be used in making articles.

Plan for it during warmest part of day on playgrounds.

Use materials that can be obtained from home.

Magazine pictures make good posters.

● Colored ads from magazines make attractive futuristic designs for book covers, bottles, jars, cans for flowers, book-ends, waste-paper baskets, beds.

Fancy belts can be constructed from colored ads.

Use stripes cut from colored ads for mat weaving instead of construction paper.

Old sweaters unravelled can be used for spool knitting flowers, dolls etc.

Old boxes (not orange crates) can be used for making toys.

● A picture pasted on cardboard heavier board, or pine board can be cut into an interesting puzzle.

Checker boards can be made from heavy card board or box lumber & a broom handle cut into lengths of $\frac{3}{8}$ " or bottle

tops can be used for checkers.

Let children construct their own games, see rules for "9 men's mills," "fox & goose".

Children get a greater thrill out of making their own playthings & toys than they do from those purchased in stores.

Have two or three children work together on a similar project.

Projects for groups are also interesting, as well as socializing.

Each playground will have its own handcraft exhibit as well as contribute a few articles to the country exhibit.

Lamp shades can be made from mill-paper.

Repairing broken toys & taking & sending them to the hospital & some orphanage means an ideal handicraft job & creates a spirit of giving.

Scrap books containing pictures and comic strips, also help to pass away time for shut-ins.

Shirts & quilts for nurseries are ideal projects for playground sewing classes.

Making toys & articles for a specific person or thing, adds joy & definiteness of purpose to the task.

Paper + Cardboard Articles

Paper folding of birds, picture frames, wind-mills, bird cages, newspaper dance caps.

Shadow picture cut-outs mounted on contrasting colored paper.

The cutting-out + coloring of paper dolls, magazine pictures, cardboard doll furniture.

Window pane or carbon tracing + coloring of "story-animals".

Small paper or cardboard boxes + baskets for candy flowers; party tables, or score card.

Designing of dresses for cardboard dolls using crayons, water-colors or crepe paper, paste, decorated paper by marks.

Interiors made of shoe-boxes, oatmeal boxes or special cut-out designs, pup-hole shows.

Pictures outlined on cardboard with colored thread.

Paper heads made from colored pictures.

Cardboard book decorated with picture cut-outs, paintings or friendly thoughts.

Decorated sandpaper match-strikers, newspaper dresses.

Friendship, memory & autograph books, picture books.

A collection of drawings, paintings, & mounted cut-out pictures, jokes & funny stories.

A model home from furniture magazine pictures.

Game book, cook book, animal book.

Sewing Suggestions.

Cardboard needle book with woollen needles.

Pin covers of covered cardboard.

Felt needle cases, outlined with long & short needle stitch.

Pen wipers of dark woollen cloth, triangle, heart, leaf, bunny, duck & cat shape.

Tee towels with embroidered initial & stem & rose stitch design.

Sampler of fancy stitches, including lazy daisy, button hole, stem stitch, eyelet, briar stitch, hemming, long & short stitch.

Simple aprons of any kind & color of wash material.

Doll dresses to fit mine's doll, doll quilt.

Small rag dolls & rag animals, wash rag dolls, stocking dolls.

Small silk sachet bag.

Bean bags of any small material.

Modeling, Painting, & Carving.

Art-stone work, bones, bottles & plaques covered with cement-like substance, simple clay in modeling.

Animals painted, but with jig saws from bass wood or fibre board.

Ordinary mud pies & cakes decorated with leaves, flowers, feathers, pebbles.

Animals & dolls carved from cakes of ivory soap.

Daggers & knives whittled out of wood.

Candles decorated with Dennison sealing wax.

Dennison sealing wax pendants.

Painted flower pots, bottles or jars for vases.

"Bess" & "Plastolart" work, fibre board plaques, candle sticks & wooden sticks & wooden bones ornamented with clay-like substance.

Miscellaneous Articles.

Flower chains & wreaths, daisy, clover, Rambler, dandelions & evergreens.

Kites of simple designs, light-weight wood, tissue paper, paste, cord rag.

scissors, coasters. English walnut shell brats.

Beadwork - making of rings, daisy chains, simple necklaces & net bags.

Bottle dolls, cran-bush dolls,

nuts dolls with stick bodies, yarn dolls,
knit or crocheted doll scarves,
spool knitted doll mats.

Dancing wall vases, bottles,
decorated with Dennison basket, cord
& raffia.

Bird house of cigar boxes or
material & design.

Pecked birds - beads from dried
cantaloupe seeds.

Good substitute for "Sesso", Photohart,
& Artstone can be made by boiling old
newspaper until soft. Let pulp dry &
after flaking use in following proportions.

1. Handful paper pulp.

2. 1 tsp. asbestos.

3. 2 tsp. Casine glue (dry powdered)

Mix with water to proper constituency.
Cover when dry with coat of white
shellac.

May be colored before applying shellac.

A New Use for Old Covers.

The covers are carefully ripped & the
soft old leather is cut into double
octagonal pieces, left joined at one side.
The octagons are each slit to permit
linking. Twenty or more pieces folded
& linked together & then finished off
with a buckle - make a "soft", "sunny"
felt. A use has been found even for
the stuffing. The balls of twine are
being preserved for the spring hite



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